

Qhia Kuv txog cov Piam Thaj!



PIAM THAJ MUAJ NTAU LUB NPE

Piam thaj muaj ntau hom. Nov yog tej npe rau cov piam thaj thaum sau Tej Yam Khoom uas nyob rau hauv:

Barley malt	Cov kua qab zib los ntawm pob kws (High fructose corn syrup)
Piam thaj xim kas fes	
Kua kab tsib	Zib ntab
Kua qab zib los ntawm pob kws (Corn syrup)	Maltodextrin
Dextrose	Maple syrup
Fructose	Kua suab thaj (Molasses)
Piam Thaj	Hmoov piam thaj
Sucrose	Piam thaj ntshia huv

NRHIAV KOM TAU COV PIAM THAJ

Yog xav paub seb muaj piam thaj npaum li cas hauv pob no, xyuas tej **Kev Tseeb txog Zauba Mov (Nutrition Facts)** hauv daim ntawv lo pob khoom. Nrhiav kom tau cov lus Piam Thaj seb muaj **piam thaj** npaum li cas hauv ib qho.

Yog xav paub txog tej hom piam thaj, xyuas seb muaj tej **Yam Khoom**.



Tej Kev Tseeb txog Zauba Mov

Ib Qho Luaj Li Cas 1 tug
Pes Tsawg Qhov hauv Ib Pob Khoom 6

Pes Tsawg Qhov Hauv Ib Qho

Calories 150

% Ib Hnub Pes Tsawg Feem Pua *

Tag Nrho cov Roj 2.5g 4%

Cov Roj Saturated 0 g

Cov Roj Trans 0 g

Ntsev 85 mg 4%

Tag Nrho cov Carbohydrate 30 g 10%

Cov Piam Thaj 12 g

Protein 3 g 6%

*Ib Hnub Pes Tsawg Feem Pua nyob ntawm qhov uas yus noj 2,000 calorie zaub mov txhua hnub.

TEJ YAM KHOOM UAS NYOB HAUVE:

Oat bran, mov, **kua qab zib los ntawm pob kws, piam thaj, fructose**, whole grain rolled oats, **dextrose**, oat thiab txiv hmab txiv ntoo (cov oat uas muab ci [cov oat uas tsuam, **piam thaj**, cov roj taum pauv, **zib ntab, molasses**] **piam thaj**, cov oat uas tsuam, cov txiv as paum uas qab li txiv pos npuab, **kua qab zib los ntawm pob kws, piam thaj xim kas fes**, cov khoom ib txwm qab thiab cov khoom qab cuav), cov kua qab zib los ntawm pob kws (high fructose corn syrup), roj zaub, muaj tsawg tshaj 2% potassium chloride, **piam thaj xim kas fes**, sorbitol, cov khoom qab li malt, cov khoom ib txwm qab thiab cov khoom qab cuav, ntsev, mis nyuj qhuav uas tsis muaj roj, cov hmoov mog, vitamees A, B6, riboflavin, folic acid, vitamees B12.

Lub Rooj Tsav Xwm Saib Xyuas cov Pej Keem Kev Noj Qab Nyob Zoo Qhov Kev Pab kom California yuav Noj Qab Nyob Zoo tau ua cov ntaub ntawv no nrog rau cov nyijaj uas tau los ntawm Teb Chaws Amelikas lub Rooj Tsav Xwm rau Kev Ua Lijau Ua Teb (U. S. Department of Agriculture's, USDA) Qhov Khoos Kas Pab Yuav Zauba Mov Noj-Kev Kawm Ntawv, uas muaj npe hauv California hu ua CalFresh. CalFresh muab kev pab rau tej yim neeg uas tsis tshua muaj nyijaj thiab pab yuav tej yam zaub mov zoo kom tib neeg yuav haj yam noj qab nyob zoo. Yog xav paub ntxiv txog CalFresh, hu 1-877-847-3663. Rau tej xov xwm tseem ceeb hais txog kev noj qab haus huv, xyuas hauv www.CaChampionsForChange.net.